


East Windsor Senior Center Events and Activities

OCTOBER 2015

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279
NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279 WEBSITE: www.eastwindsorct.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Jewelry Making w/Janice 10:30 a.m. \$\$\$ Senior Club Meeting 1:00 - 3:00	2 Berlin Fair 10:00-3:00 \$\$\$
5 Shopping - Walmart or Big Y 9:00 - 11:00 Fitness Trial Class 10:30-11:30 FREE Wii Bowling 12:30 Art Classes 12:30 \$\$\$	6 Naugatuck Rail Road Lunch at TBD 8:30-3:30 \$\$\$ Chair Yoga 12:30 \$\$\$	7 Shopping at Geisslers 9:00 a.m. Crafts with Melissa 10:30-11:30 Wii Zumba w/ Melissa 12:30 WHPT Library 1:00-2:00	8 East Windsor Health Fair 9:00-12:00 Flu Clinic 10:30-12:00 Free Blood Pressure & Sugar Screening	9 Wethersfield Scarecrow Walk Lunch at Wethersfield Pizza 9:00-2:00 Mobile Food Share St. Catherine's Church 1:45 - 2:30
12 Senior Center Closed Columbus Day 	13 Focus Group/Tea Time 9:30-11:00 One-on-One Law Sessions 12:30 Chair Yoga 12:30 \$\$\$ Staff Meeting 2:00 - 3:00	14 Shopping at Geisslers 9:00 a.m. Trip to Foxwoods Casino 8:15-5:30 \$\$\$ Wii Zumba w/ Melissa 12:30	15 Jewelry Making w/Janice 10:30 a.m. \$\$\$ Senior Club Meeting 1:00 - 3:00	16 AARP Safe Driver Course 9:00-2:00 \$\$\$
19 Shopping - Walmart or Big Y 9:00 - 11:00 Wii Bowling 12:30 Art Classes 12:30 \$\$\$	20 Foot Care Services 9:00 - 1:00 \$\$\$ Food for Thought 11:00 - 11:30 Chair Yoga 12:30 \$\$\$	21 Shopping at Geisslers 9:00 a.m. Movie and Treats: 12:30-2:00 <i>Hocus Pocus</i>	22 Birthday/Halloween Social 12:00 p.m. Entertainment: <i>Larry Noiva</i>	23 Roundtable with Denise 10:30-11:30 Special Guest: Public Works Medicare Presentation 12:30-1:30 Mobile Food Share St. Catherine's Church 1:45-2:30
26 Shopping - Walmart or Big Y 9:00 - 11:00 Book Club - 10:30 a.m. The Alchemist by Paulo Coelho Wii Bowling 12:30 Art Classes 12:30 \$\$\$	27 Game Day 10:00 - 11:30 Chair Yoga 12:30 \$\$\$	28 Shopping at Geisslers 9:00 a.m. Meet the Candidates 12:30-2:00	29 In-House Bingo \$\$\$ 12:30 p.m. - 2:00 p.m.	30 Trick or TREAT Apple Pie A La Mode 12:30-1:30 Town Hall Scarecrow Judging 1:30

9/24/15 ST

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 -WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.